

IN-PERSON/VIRTUAL CAREGIVER SUPPORT GROUP

Caregiving takes a major toll on the well-being of individuals. Family caregivers need support as they face major difficulties in meeting their loved ones' needs, in addition to attempting to maintain their own emotional and physical health.



How support groups can address caregivers' needs:

- Provide a place where caregivers can share their concerns and experiences.
- Provide a place to obtain information about resources and services.
- Provide a place to share ideas and suggestions on how to best handle their loved ones' needs and their roles as a caregiver.
- Help to create a feeling of community, reduce stress and to provide an opportunity to share the rewarding and positive aspects of caregiving. (Duncan & Shtompel, 2022)

In-Person/Virtual Caregiver Support Group

1st Wednesday

10:30 – 11:30 am & 7– 8 pm

NSAP, 36 Shopping Center, Silver Bay

2nd Wednesday, 1 – 2 pm

Baptism River Community Church

6768 State Hwy 1, Finland

Please contact Ericka Blanchard, LSW, to enroll in the group of your choice and to receive the meeting link.

ericka@nsapartners.org

218-353-1464

**Call 218-353-1464 or email
ericka@nsapartners.org for more information.
www.nsapartners.org**

North Shore Area Partners programs are funded in part by MN DHS Live Well at Home grants. However, individual contributions are critical to our work. Learn more about how you can support us by visiting www.nsapartners.org/donate.

